

WOLPER.COM.AU MARCH 2025

Wolper welcomes the Israeli Ambassador



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WOLPER

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President's message

It is my pleasure to provide this report for the first Pulse newsletter of 2025. While the new year is well and truly underway, I hope the summer break and holiday season, and the opportunities they brought to relax with family and friends, are not too distant a memory at this point!

It has certainly been an exciting start to the year for Wolper. In the first weeks of the year, we were honoured to host His Excellency, the Ambassador of Israel, Amir Maimon at Wolper. The Ambassador's visit allowed us to give him a tour of the Hospital, showcasing Wolper and its staff during a typical (busy!) working day. The Ambassador then joined a group of Board members and Hospital staff for a sit-down lunch in Wolper's sun-filled National Council for Jewish Women Lounge. It was a wonderful opportunity to meet with the Ambassador, to get to know him a little and to demonstrate what we do.

And what we do is continuing to evolve. February marked the start of our new relationship with Beresford Hall, a premium aged care residence in Rose Bay. While we have been utilising Beresford Hall's excellent facilities to expand our MoveWell group fitness and aqua classes for some time, we have now taken that relationship to the next level. Our marvellous physiotherapists, exercise physiologists and occupational therapists are now providing their services to Beresford Hall's residents on an ongoing basis.

In a similar vein, Wolper is now offering a new homebased occupational therapy service. Wolper's experienced occupational therapists visit clients' homes to complete a comprehensive assessment and deliver appropriate interventions and recommendations to reduce the risk of falls and aid independence.

These developments represent key further steps in our efforts to broaden Wolper's service offering beyond our Woollahra premises and into new lines of healthcare.

We are also continuing to nurture Wolper's relationships with political leaders. At the end of 2024, we were pleased to welcome Kellie Sloane MP, State Member for Vaucluse, for a second visit to the Hospital. Since Ms Sloane's last visit, she had been appointed as Shadow Health Minister for NSW, and so our conversation covered in more detail current issues in the health industry, as well as the security and social issues we are facing.

In March, Jewish communities celebrate the festival of Purim, which commemorates the Jewish people's survival in ancient Persia during a period when they were threatened with annihilation by Haman, an official who sought to destroy them simply for their identity and traditions. Sadly, this historical narrative resonates deeply today. Israel and Jewish communities around the world – and notably here in Australia - face a resurgence of antisemitism, marked by violent attacks, hate speech, and widespread misinformation. Just as Esther and Mordechai stood up against hatred and rallied their people to unity and resilience, Purim serves as a reminder that confronting antisemitism requires courage, solidarity, and a commitment to justice. The holiday's themes of perseverance in the face of persecution and the triumph of light over darkness remain as relevant now as they were in ancient times.

In the face of these challenges, Wolper Jewish Hospital remains committed to delivering outstanding care to our patients and supporting their families, as well as to building on the success of our many community programs, always looking to a future grounded in mutual respect, security and access to first rate healthcare, regardless of background.



Daniel Goldberg
President, Wolper Jewish Hospital

On the cover: Left to right: Dr Lesley Andrews – Wolper Director, Eric Lowenstein – Wolper Director, Laura Dunkel – Wolper Honorary Treasurer, His Excellency Amir Maimon - Ambassador of Israel to Australia, Daniel Goldberg – Wolper President, Tina Boger – Wolper General Manager/Director Clinical Services



Keep up to date with hospital news & events





Above: His Excellency Amir Maimon - Ambassador of Israel to Australia, Daniel Goldberg - Wolper President Right: Ruth Guth, Wolper Community Partnership Officer, with His Excellency Amir Maimon,

A Special Visit to Wolper **Jewish Hospital**

We were honoured to welcome the Ambassador of Israel to Australia, His Excellency Amir Maimon, to Wolper Jewish Hospital for a memorable and meaningful visit.

During his tour of the hospital, the Ambassador showed great interest in the wide range of services we provide and was deeply impressed by the dedication of our staff. He took the time to engage with team members, who greatly appreciated the opportunity to interact with him.

> A special lunch was held with staff and Board members, where the Ambassador shared his insights on Israel and the broader situation in Australia. His warmth, wisdom, and candid responses to thoughtful questions made for a truly enriching discussion.

Notably, his visit came just a day after the challenging ceasefire deal was reached to secure the release of hostages. He expressed the deep complexities of the situation but affirmed that, despite the difficulties, bringing our people home was the right decision.

It was a privilege to host such a distinguished guest, and we are grateful for the time he spent with our Wolper community.



Gift of Life Update: Wolper staff recruit potential life-saving stem cell donors

Wolper occupational therapists Ariella Glasser and Melanie Kanikevich have taken a meaningful step towards saving lives by completing an accreditation course to collect cheek swabs for the Stem Cell Donors Australia register.

Every 28 minutes, someone in Australia is diagnosed with blood cancer. For many, a stem cell transplant—often via a simple blood donation from a DNA-matched donor—is their best chance of survival. However, finding a match can be challenging, especially when a suitable donor isn't available within the family.

That's where Gift of Life Australia, supported by Wolper, plays a crucial role. Their mission is

to increase the number and diversity of registered stem cell donors, giving

more patients the hope of finding a life-saving match.

Recently, Ari and Mel spearheaded a donor recruitment drive among Wolper staff. They had a great response, with many team members stepping up to learn more and to take the simple cheek swab test to join the register.

You can make a life-changing difference too! If you're interested in hosting a donor recruitment drive at your workplace, contact Gift of Life Australia at info@giftoflife.org.au.

Pictured: Wolper staff members Melanie Kanikevich, Ariella Glasser and enrolled nurse Sam It's just a quick easy cheek swab to enrol in the Stem Cell Donors Australia register – it could save a life.





Wolper and Beresford Hall, A PERFECT PARTNERSHIP



Wolper's Allied Health team has been appointed as sole provider of all physiotherapy services at Beresford Hall.

For the last couple of years Wolper has been running MoveWell classes for the local community in the pool and gym at Beresford Hall with both being a great success. It made sense therefore for the residents of Beresford Hall to have Wolper's expertise available to them too.

Dr Shane Moran, CEO of Beresford Hall, said "Wolper has an outstanding reputation and I am confident they will provide a high quality service to our residents. Many of our residents already have a connection with Wolper, having been a patient there, so they know they are receiving exceptional care."

It is clear to all how much our staff love coming to
Beresford Hall and the great relationships they have with
the residents there. Pictured here are three of the wonderful
residents with Wolper Physiotherapists – Matt, Kurtis
and Sarah. Sarah Courtenay, our Assistant Physiotherapy
Manager, leads the Beresford Hall team and has been
working as a physiotherapist on the ground floor at
Wolper for a few years.

Wolper physiotherapist Kurtis Herd describes Wolper's service as "exercise intervention that enhances quality of life."

Our focus is to offer a high quality physiotherapy service for everyone at Beresford Hall.

Tina Boger said "We are very excited about this new partnership knowing that our experienced team will deliver outstanding care to the residents of Beresford Hall."

Above: Tina Boger, Wolper General Manager/Director Clinical Services, with Dr Shane Moran, Beresford Hall CEO

Right: Beresford Hall resident, Joan, with Sarah Courtenay, Wolper's Assistant Physiotherapy Manager Pictured Right top: Wolper physiotherapist, Matt Redenbach, with Beresford Hall resident, Violet Tefler, aged 102

Right bottom: Shirley O'Shea, aged 100, with Kurtis Herd in the Beresford Hall gym









Wolper's series of Wellbeing webinars provide up to date information delivered by experts in their fields. Moderated by Julie McCrossin AM, these 90 minute sessions are always informative and entertaining.

Wednesday 5th March

CHRONIC KIDNEY DISEASE

How to help your kidneys work better, for longer Video now available at wolper.com.au/videos

Wednesday 21st May

READY, SET, RECOVER

Steps to a Smoother Surgery Journey

Wednesday 2nd July

CANCER SURVIVORSHIP

Life after cancer

Wednesday 3rd September

FOOD TO ONE IS BITTER POISON TO ANOTHER

Food intolerances and allergies, diagnosis and management

Wednesday 5th November

CHRONIC LUNG DISEASE

Focusing on Chronic Obstructive Pulmonary Disease: what's new to help you feel and live better

All programs via Zoom at 7.30pm. Register at wolper.com.au/wellbeing

The order of topics may change.

For more information call 9328 6077 or visit www.wolper.com.au

SCAN FOR MORE DETAILS







HEALING THE WOUNDED Hadassah Gandel Rehabilitation Center's Holistic Approach to Soldier Recovery

As the war continues, the toll on Israeli soldiers has been devastating. At the Gandel Rehabilitation Center at Hadassah University Hospital - Mount Scopus, medical teams are working tirelessly to help these seriously wounded soldiers regain their strength, both physically and emotionally.

Dr Elior Moreh, head of the Department of Physical Medicine and Rehabilitation, has been at the forefront of this effort, treating more than 200 soldiers at the Gandel Rehabilitation Center. Many of these soldiers have suffered complex injuries, including fractures, nerve damage, and complications from prolonged use of tourniquets. The injuries they sustained, mostly from explosions and anti-tank missiles, require long-term, specialised care to ensure recovery.

However, rehabilitation extends beyond physical healing. Psychological support plays a vital role in the recovery process. Soldiers like On, a 49-year-old commander from the 288th Brigade, and Timor, a 29-year-old police officer from Sderot, are not only



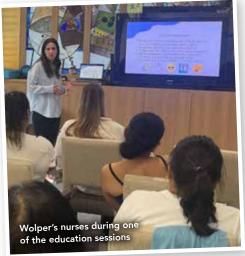
dealing with severe injuries but also the mental trauma of war. Hadassah's comprehensive approach to rehabilitation ensures that both soldiers and their families receive the emotional support needed to heal.

The impact of war is also felt among the medical teams. Many healthcare professionals treating wounded soldiers have personal connections to those affected, yet they continue their work with unwavering dedication. Dr Moreh shared that one of Hadassah's nurses, despite losing her son in Gaza, still comes to work four times a week to care for injured soldiers.

Hadassah, through the Gandel Rehabilitation Center, is not only restoring lives but also providing hope to those who have sacrificed for Israel's safety. Their mission remains clear: to ensure that every wounded soldier receives world-class care and the opportunity to rebuild their future.

Article extracted from https://themedialine.org/by-region/families-aid-recovery-for-israeli-soldiers-facing-complex-injuries-and-ptsd/

ENHANCING EXCELLENCE: opportunities for Wolper staff and management



A number of nurses from Wolper's dedicated nursing team recently gathered for their annual Professional Development Day—a dynamic event focused on advancing both clinical and non-clinical skills.

Throughout the day, 20 nurses participated in engaging workshops, team-building exercises, and thought-provoking discussions. A highlight of the day was hearing personal reflections from a former patient, offering valuable insights into the reallife impact of compassionate care.

Meanwhile, Wolper's management team participated in their annual offsite Business Planning Session. Stepping out of the office provided fresh perspectives and strategic insights. The session was expertly guided by an external facilitator, ensuring lively and productive discussions. Additionally, Carmelle Hedges from Resolve HR led an engaging session on cultivating a high-performance work culture.

These initiatives not only strengthened professional expertise but also reinforced Wolper's commitment to fostering a collaborative and empathetic healthcare environment.



Wolper Jewish Hospital Launches NEW Home-Based Occupational Therapy Service

Wolper Jewish Hospital is delighted to introduce a new homebased occupational therapy service designed to help individuals live independently, confidently, and safely in the comfort of their own homes.

Our goal is to help people to live safely at home for as long as possible by maintaining or enhancing their ability to manage daily activities including showering, dressing and preparing meals. The service focusses on reducing the risk of falls through practical changes and education, and offers guidance on managing challenges such as fatigue, low energy, balance issues, memory loss, or low vision.

One of Wolper's caring and experienced Occupational Therapists will visit the person's home to carry out a thorough assessment of their abilities and the living space. They will identify potential hazards and suggest ways to make the home safer and easier to navigate. Thoughtful, tailored recommendations designed to meet the client's specific needs will be provided in a written report.

These recommendations might include assistive devices, tips for modifying daily tasks to make them safer and more manageable, or suggestions for simple home adjustments. Our therapist will also assist with quotes, ordering and setting up equipment, and education to ensure correct usage.

The initial visit costs \$250, with potential Medicare rebates available with a GP referral. Private health insurance may also offer some coverage.

This supportive service is open to all adults living in the eastern suburbs and lower north shore, and you don't need to have been a Wolper patient to access it.

If you'd like to learn more or schedule a visit, please contact Melanie Kanikevich at Wolper Jewish Hospital on 8324 2293 or melanie.kanikevich@wolper.com.au

We'd love to help you, or your loved one, feel safe and confident at home.

Around the Hospital





MoveWell 2025

TERM 2

Monday 7th April - Sun 29th June (12 weeks)

Booking cut off	Sunday 30th March		
Payments commence	Monday 31st March		

Public Holidays – No Classes

Friday 18th April - Good Friday Saturday 19th April - Easter Saturday Monday 21st April - Easter Monday Friday 25th April - Anzac Day Monday 9th June - King's Birthday

TERM 3

Mon 30th June - Sun 21st Sept (12 weeks)

Booking cut off	Sunday 22nd June		
Payments commence	Monday 23rd June		

TERM 4

Mon 22nd Sept - Sun 14th Dec (12 weeks)

Booking cut off	Sunday 14th September
Payments commence	Monday 15th September

Public Holidays – No Classes

Monday 6th October – Labour Day

Reminder: if you observe any Jewish Holidays throughout the year which coincide with your class, please advise us prior to payments commencing for that term and you will not be charged for that class

02 8324 2261 • movewell@wolper.com.au wolper.com.au/movewell



SPECIAL MENTIONS

Mazal tov Rose

We recently bid a fond farewell to a cherished friend of the hospital, Rose Rev, who has made aliyah (relocated to Israel) at the remarkable age of 90!

Rose has been part of our community for many years, both as a patient and a dedicated participant in our MoveWell exercise program. She was even an inpatient back when Wolper had an operating theatre! More recently, she attended MoveWell

hydrotherapy classes twice a week – rain, hail, or shine –

crediting them with giving her "the energy to keep going."

Now, as she embarks on this exciting new chapter, Rose will be traveling to Israel with her son to join her family, many of whom have already made aliyah. She will be settling into the Beit Tovei Ha'ir retirement community in Jerusalem, where she has already ensured a hydrotherapy pool awaits her.

We wish Rose all the best in her new home and will always be inspired by her spirit and determination!

he Long Family

Rose Rev at Wolper

Our dedicated staff

We'd like to make special mention of our dedicated staff members that worked on Christmas and New Years day – giving up time with family and friends to ensure Wolper's patients always receive the best of care.



Wolper's solar panels

From our Environment & Sustainability committee

- From January to November 2024, our solar panels generated 26.45 MWh saving 31,698.02kg of CO2 emissions which is the equivalent of planting 615 trees.
- Last year we moved away from printing our patient information booklets to making this information available in re-usable folders. Doing this has enabled us to save the energy equivalent of operating 2.7 fridges a year.
- Through our cardboard recycling program Wolper routinely recycles a staggering 2.5 2.75 tonnes per month!

With thanks

Many thanks to Daniel Chersky who agreed to speak about

Wolper in this year's JCA campaign video. He spoke about his family's experience while his father was in palliative care at Wolper.

Daniel, we really appreciate your kind words and your willingness to speak about a very tough time for you and your family.

Thanks also to **Adam Kunitz** who, in honour of his Bar Mitzvah, distributed special care packs to nursing staff who had recently cared for a family member. Mazal tov on your Bar Mitzvah Adam and sh'koyach on this lovely mitzvah.

Adam with Wolper staff and their care packs





Welcoming the Next Generation: WOLPER'S NEW GRADUATE PROGRAM

Wolper is proud to welcome the next generation of healthcare professionals through its newly launched graduate program, designed to nurture recently graduated nurses and physiotherapists in a supportive and dynamic environment.

"This is something we've wanted to do for quite some time," said Cody Kane, Wolper's Physiotherapy and Day Services Manager. "Wolper offers an ideal work culture to nurture young professionals. Our department is positive and collaborative — an excellent place for young physios to experience the best aspects of their profession."

Cody also emphasized the mutual benefits of the program. "Young graduates bring fresh energy and inquisitiveness that positively influence the entire team. The program also creates opportunities for existing staff to develop leadership and mentoring skills."

We are excited to introduce our new graduate physiotherapists: Ava Gatward, Emily de Kantzow, and Alex Maniatis.

Wolper's rehabilitation ward has successfully run a graduate program for several years, with many participants continuing their careers here long-term. This year, we are pleased to welcome nurses Kusum Khadka and Sunita Rai to the program.

Marcelle Segal, Manager of Rehabilitation Services, shared, "We take great pride in assisting these young nurses as they transition into their roles as registered nurses."

Both Kusum and Sunita completed their nursing studies while working as assistants in nursing at Wolper. Their



Kusum and Sunita – registered nurses at Wolper

dedication and familiarity with the hospital's exceptional standards made them standout candidates. When the opportunity to join the graduate program arose, they eagerly applied and impressed the interview panel with their enthusiasm and commitment.

Kusum reflected, "I love working at Wolper. The environment is so warm and supportive, and I am thrilled to be progressing my nursing career here."

Marcelle added, "It was very gratifying to see the smiles on Kusum and Sunita's faces when they were presented with their registered nurse uniforms."

We look forward to supporting their professional growth and watching them thrive as valued members of the Wolper community!

Quality Update



Hand Hygiene 2024

Wolper's Hand hygiene results for 2024 were the best since 2020. The average across all 3 audit periods was 89.6% with the national average result at 87%.

Results for Audit period 3 ending in October were as follows: Nurse 90.6%, AIN 89.4%, Physio 95.2%, OT 87.5%, Dietitian 100%, Medical Practitioner 94.7%, Cleaner 88.9%, Catering 100%, Admin 100%, Blood collector 90%.

Staff Survey Results - 2024

Our annual staff survey indicated that staff satisfaction remains very high at 96%.

Our most notable areas of improvement throughout the year were:

- 4% improvement in the medication information tools provided e.g. Australian Medicines Handbook
- 1% improvement in safety within the Hospital grounds (full time security guards). Security remains the area of greatest concern for staff.
- 1% improvement in awareness of the cyber security procedures undertaken at the Hospital.
- 1% improvement in clinical staff awareness of clinical care standards.
- 1% improvement is Hospital staff's ability to cater for culture, language and dietary requirements of its patients, as rated by clinical staff.



Personal Perspectives

ANTONY WHITLAM A Life of Service and Legacy

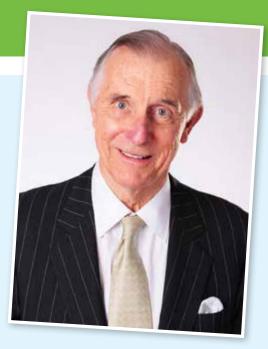
Antony (Tony) Whitlam KC, son of former Australian Prime Minister Gough Whitlam, has led a distinguished career in law and public service. Born in January 1944, Tony was 29 years old when his father assumed office, meaning he never lived at The Lodge. By that time, he was already practicing law in Sydney, having been called to the New South Wales Bar.

Tony's family legacy is deeply intertwined with public service. His grandfather, Fred Whitlam, served as the Commonwealth Crown Solicitor, and when Parliament first convened in Canberra in 1927, Fred moved his family there. Gough completed his schooling in Canberra before studying at Sydney University, where he earned a Bachelor of Arts while residing at St Paul's College. He later pursued a law degree but paused his studies to serve in the Royal Australian Air Force during World War II. He married Margaret and saw active duty in New Guinea, the Dutch East Indies (now Indonesia), and the Philippines. After the war, he completed his legal studies.

Tony and his younger brother, Nick, were born at St Luke's Hospital – coincidentally, the same hospital where their father passed away years later. The Whitlam family initially lived in Rushcutters Bay before settling in Cronulla in 1947, where Tony and Nick attended the local public school. Tony later commuted to Sydney Boys High for his secondary education.

Pursuing a passion for law, Tony enrolled at the Australian National University (ANU), drawn by its strong reputation in public law. He completed three years of full-time study and then transitioned to part-time study while working. His career took him to New York from 1967 to 1968, during the height of the Civil Rights Movement. He later worked in Sydney for four years before briefly returning to New York in 1973, following his father's election as Prime Minister in 1972.

Tony returned to Sydney in 1975 following his father's dismissal as Prime Minister by the Governor-General. That same year, he was selected as the Labor candidate for Grayndler, a seat now held by Prime Minister Anthony Albanese. Representing Marrickville, Dulwich Hill, Newtown, Leichhardt, and the Inner West, Tony served in Parliament for two years. Notably, he was one of the few MPs to serve alongside his father in the House of Representatives, casting his vote for Gough as Labor leader twice. He remains the only child of an Australian Prime Minister to have served as a federal MP.



Following the 1977 electoral redistribution, Grayndler was effectively abolished. Tony contested the seat of St George but was unsuccessful. He subsequently returned to the legal profession, becoming a barrister and earning the title of Queen's Counsel (QC) in 1986. In 1993, he was appointed as a judge of the Federal Court of Australia.

Tony met his wife, Pip, in Sydney in April 1972, and they married two years later. Over the years, he has continued to lead a fulfilling professional and personal life.

A Positive Experience at Wolper

Tony has had a personal connection to Wolper Jewish Hospital since 1977, when he spent time here following surgery. He recalls that while the Hospital was excellent then, it has become even busier today. He praises the staff for their unwavering dedication and professionalism, particularly the rehabilitation team, including physiotherapists and occupational therapists, whose expertise he found exemplary.

His recovery required eight weeks of non-weightbearing on his operated leg, a challenge that tested his patience – but as he humorously notes, that was one thing Wolper couldn't help with. Despite this, he describes his stay as a positive experience, appreciating both the quality of care and the Hospital's prime location in Woollahra.

Before his recent stay, Tony had heard glowing reviews from friends and acquaintances who had been treated at Wolper, including those in palliative care. Their families consistently shared high praise for the Hospital. He also expressed confidence in Wolper as a Jewish hospital, acknowledging the strong reputation Jewish institutions have for excellence – something he was able to confirm firsthand.

Tony's experience at Wolper has reinforced the Hospital's reputation for outstanding patient care, and he joins many others in appreciating its commitment to excellence.



Special Shabbat dinner a full house

Twenty five people attended our February Shabbat dinner, the first for 2025. It was full of joy, learning, spirit and goodwill.

Rabbi Rafi Kaiserblueth, from Emanuel Synagogue, led the proceedings, singing and talking and infusing his fun spirit into the evening. The Shabbat dinner was, as always, truly delicious. Everyone had a wonderful time, and they all stayed long after the dinner had ended. Our 2 volunteer helpers from Ascham School, Marnie and Marissa, were delightful and very helpful.

A room fit for a Shabbat queen



Chanukah – the festival of light

Our patients enjoyed a beautiful concert broadcast on their televisions, to celebrate the festival of Chanukah. Every patient received a doughnut, to observe the custom of eating fried foods in commemoration of the miracle associated with the Temple oil.

There were Chanukiahs at each nurses' station and at reception, with a new candle being lit every evening.



The joy of Purim

Wolper was filled with joy and generosity this Purim, thanks to the thoughtful contributions from the children and parents of Mt Zion Early Learning Centre in Bondi Road. Dozens of beautifully prepared mishloach manot – traditional Purim gifts of food and sweet treats – were delivered to our patients, who were deeply touched by this heartfelt gesture.

Each patient also received a delicious hamantaschen, the iconic triangular

pastry symbolizing the villain Haman from the Purim story. These sweet treats added an extra touch of tradition and delight to the celebration.

The festivities continued with a joyful Purim concert broadcast on patient televisions, bringing music and smiles to everyone. Later in the afternoon, the Megillah (The Book of Esther) was read from a scroll. This is the story of Purim. The Rabbi read the story beautifully, for patients and staff.

We are grateful to Mt Zion Early Learning Centre for their kindness and to everyone who contributed to making this Purim a special occasion for our community.

Pictured: Patient Elizabeth Sanderson with her mishloach manot and parents from Mt Zion Early Learning Centre delivering mishloach manot



Become part of Our future

Since opening its doors on its present site in 1961, Wolper Jewish Hospital has become one of Sydney's leading private hospitals providing high-quality care to all members of the general community, within the framework of our Jewish ethos.

We are Australia's only Jewish hospital and do not receive funds from government sources. Whilst we are a dedicated JCA member organisation, we do not seek an allocation of funds from JCA. We are a not-for-profit organisation and our revenue from our patients is to a large extent dictated by the major health funds. The health funds do not take account of the additional costs we experience, such as providing fully kosher food and our higher patient/staff ratios.

So, your support is very important to us.

There are a number of ways in which your support can be acknowledged, or the memory of a loved one honoured, within the Hospital:

- Sponsor a panel in our magnificent stained glass mural, Bereishit In the Beginning, located in the Hospital foyer and designed by leading stained glass artist, Marc Grunseit.
- Endow a room. Your name or that of a loved one will be honoured with an elegant door plaque appropriately worded.
- Sponsor, or make a donation towards, a specific piece of Hospital equipment. All donations are gratefully received irrespective of their size.
- Make a bequest to Wolper in your will



For more information please contact Tina Boger, General Manager Wolper Jewish Hospital on on 02 9328 6077 or email gm@wolper.com.au